



## **Tasty Portobello Reuben Sammies + Quick-Pickled Cabbage + 1,000 Isle Dip + Vanilla Shakes**

By Erin Fletter

**Prep Time 40 / Cook Time 20 / Serves 4 - 6**

### **Shopping List**

FRESH

3 large portobello mushrooms (or 3/4 lb baby bella mushrooms)

1/2 cabbage head—white, green, or red (or 2 1/2 to 3 C pre-shredded cabbage, especially for youngest kids)

1 cucumber, optional

1 orange

DAIRY

4 to 12 Swiss cheese slices, enough for each sammie **\*\*(see allergy subs below)\*\***

1 1/2 C full-fat vanilla yogurt **\*\*(see allergy subs below)\*\***

PANTRY

1/4 C olive oil + more for cooking

3/4 tsp salt + more to taste

ground black pepper to taste

1 loaf rye bread **\*\*(see allergy subs below)\*\***

1/2 C vinegar

1/2 T granulated sugar + more to taste

1/4 C ketchup

1/4 C mayonnaise **\*\*(see allergy subs below)\*\***

- 1/4 tsp onion or garlic powder
- 1 tsp soy sauce **\*\***(see allergy subs below)**\*\***
- 1 tsp pure vanilla extract **\*\***(see allergy subs below)**\*\***
- HAVE ON HAND
- 3/4 C water
- 1 C ice

## Fun-Da-Mentals Kitchen Skills

**slice:** to cut into thin pieces using a sawing motion with your knife.

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls) and Rock and Saw.

**pickle:** to preserve or flavor a food by covering it with a salty and/or sweet liquid brine.

**sauté:** to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

**toast:** to brown and crisp food in a heated skillet or oven, or in a toaster.

**whip:** to beat food with a whisk or mixer to incorporate air and produce volume.

**slice:** to cut into thin pieces using a sawing motion with your knife.

**pickle:** to preserve or flavor a food by covering it with a salty and/or sweet liquid brine.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**grate:** to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

**whip:** to beat food with a whisk or mixer to incorporate air and produce volume.

**taste:** to put a bit of food or drink in your mouth to determine whether more of an ingredient is needed to improve the flavor.

**adjust:** to change seasonings or consistency to one's taste or to alter portion sizes.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**grate:** to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

**juice:** to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

## Equipment

- Skillet + lid
- Mixing bowl
- Cutting board
- Kid-safe knife
- Wooden spoon
- Liquid measuring cup
- Skillet
- Grater or food processor (optional)
- Measuring spoons
- Slotted spoon
- Grater
- Citrus juicer (optional)
- Blender (or pitcher + immersion blender)

## Ingredients

### Tasty Toasted Portobello Reuben Sammies

- 3 large portobello mushrooms (or 3/4 lb baby bella mushrooms)
- 1/4 C olive oil + more for cooking
- salt and ground black pepper to taste
- 1 loaf rye bread **\*\***(for CELIAC/GLUTEN/WHEAT ALLERGY sub 1 loaf gluten-free/nut-free bread)**\*\***
- 4 to 12 Swiss cheese slices, enough for each sammie **\*\***(for DAIRY ALLERGY sub 4 to 12 dairy-free Daiya Swiss Style Slices)**\*\***

### Quick-Pickled Cabbage

- 1/2 cabbage head—white, green, or red (or 2 1/2 to 3 C pre-shredded cabbage, especially for youngest kids)
- 3/4 C water
- 1/2 C vinegar
- 3/4 tsp salt

1/2 T granulated sugar

### Whipped 1,000 Isle Dip

1/2 cucumber, optional

1/4 C ketchup

1/4 C mayonnaise **\*\***(for EGG ALLERGY sub sour cream or coconut cream)**\*\***

1/4 tsp onion or garlic powder

1 tsp soy sauce **\*\***(for GLUTEN/SOY ALLERGY sub coconut aminos)**\*\***

1 pinch salt

2 tsp brine from Quick-Pickled Cabbage

1/2 orange, juiced

### Very Vanilla Shakes

1/2 orange

1/2 cucumber, optional

1 1/2 C full-fat vanilla yogurt **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free vanilla yogurt)**\*\***

1 C ice

1/2 C water + more if needed to thin shakes

1 tsp pure vanilla extract **\*\***(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**\*\***

granulated sugar to taste

## Food Allergen Substitutions

### Tasty Toasted Portobello Reuben Sammies

**Celiac/Gluten/Wheat:** For 1 loaf rye bread, substitute 1 loaf gluten-free/nut-free bread for rye bread.

**Dairy:** For 4 to 12 Swiss cheese slices, substitute 4 to 12 dairy-free Daiya Swiss Style Slices.

### Quick-Pickled Cabbage

### Whipped 1,000 Isle Dip

**Egg:** Substitute sour cream or coconut cream for mayonnaise.

**Gluten/Wheat/Soy:** Substitute coconut aminos for soy sauce.

## Very Vanilla Shakes

**Dairy:** Substitute dairy-free/nut-free vanilla yogurt.

**Gluten/Wheat:** Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

## Instructions

### Tasty Toasted Portobello Reuben Sammies

rinse + twist + scrape + slice

Rinse loose the dirt from **3 portobello mushrooms**, then twist off their stems and discard. Scrape the gills from underneath each mushroom cap with hands or spoon and discard. Then, slice the mushroom caps into 1/2 inch slices, adding the mushroom slices to a mixing bowl.

drizzle + mix + sauté

Drizzle **mushroom caps** with **1/4 cup olive oil** and sprinkle them with **salt and black pepper**. Stir to mix, then sauté them in your skillet over low heat until mushrooms are tender and brown in spots, about 10 minutes. Transfer sautéed mushrooms to the bowl.

drizzle + toast + melt

Drizzle the skillet with more olive oil, then add **sliced rye bread** (you could also use a toaster oven!). For each sammie, layer on some of the sautéed mushrooms and a **slice of Swiss cheese** on the slice of rye bread. Cover the skillet and toast until the cheese has melted and the bread is golden brown. If desired, top each toast slice with **Quick-Pickled Cabbage** and let it warm through. Finish by spreading **Whipped 1,000 Isle Dip** on each sandwich. Eat Sammies open-faced or closed!

### Quick-Pickled Cabbage

slice + measure

Thinly slice or shred **1/2 cabbage head**. Measure and add **3/4 cups water**, **1/2 cup vinegar**, **3/4 teaspoons salt**, and **1/2 tablespoon sugar** to a skillet.

boil + add + pickle

Bring the mixture to a boil. Add the **sliced or shredded cabbage**, stirring to submerge it, and turn off the heat. Let the cabbage sit in this brine while you make other recipes. Use a slotted spoon to top a sandwich, like our Tasty Toasted Portobello Reuben Sammies, with the Quick-Pickled Cabbage, or drain the excess liquid if necessary before serving the pickled cabbage as a side.

### Whipped 1,000 Isle Dip

dice + grate + measure

Dice or grate **1/2 cucumber** if using and add it to a mixing bowl. Measure and add to the bowl **1/4 cup ketchup, 1/4 cup mayonnaise, 1/4 teaspoon onion powder, 1 teaspoon soy sauce, 1 pinch of salt, 2 teaspoons brine** from Quick-Pickled Cabbage (if making), and the juice from **1/2 orange**.

whip + top

Whip until combined and top a salad, burger, or sandwich, like our **Tasty Toasted Portobello Reuben Sammies** with the dip and enjoy!

Very Vanilla Shakes

juice + grate

Squeeze the juice from **1/2 orange** into your blender (or pitcher for use with an immersion blender). Grate **1/2 cucumber** if using and add it to the blender with **1 1/2 cups vanilla yogurt, 1 cup ice, 1/2 cup water, 1 teaspoon vanilla extract,** and **sugar to taste**.

blend + serve

Purée until shakes are thick and smooth, adding more water if needed to thin them, then divide into cups and enjoy!

## Featured Ingredient: Portobello Mushrooms!

Hi! I'm Toady! I'm a Portobello mushroom!

"Which means I'm very mature for my age, and I'm also a fun guy! Get it? Fun guy—fungi? I'm good in salads, sandwiches, soups, stews, on pizza, with pasta, and stuffed with other yummy foods. Plus, you can cook and use me in recipes just like you would meat!"

History

Portobello mushrooms are native to Italy and have been grown since ancient times. Alternative names are "portabello" and "portabella."

The first mushrooms were thought to be cultivated in Southeast Asia, but it is not known why for sure. Perhaps someone discovered that mushrooms grew by accident and sought out a growing method.

All mushrooms are fungi, but not all fungi are mushrooms! There are an estimated 1.5 to 2 million species of fungi on planet Earth, of which only 80,000 have been properly identified. There are over 250 kinds of mushrooms that people eat.

Mushrooms are a kind of fungus that look like umbrellas! They grow in places like yards, forests, fields, and gardens.

What is a fungus? It's a kind of living organism that is different from plants. In fact, mushrooms are more like humans than plants!

Fungi walls are made of a fibrous substance called "chitin," rather than cellulose, like plants. Also, plants produce their own energy from the sun from photosynthesis, but mushrooms and other fungi don't need the sun for energy!

Many fungi eat by breaking down dead plants. However, other fungi feast on dead animals, bird droppings, manure, wallpaper paste, fruit, and living animals. So fungi are like nature's cleanup crew!

The yeast that makes bread rise is a type of fungi.

Mushrooms are sometimes called Toadstools! Can you picture a toad sitting on top of a giant mushroom?

Some mushrooms are good to eat, like portobellos, crimini, and shiitakes, while others are extremely poisonous. Never eat a mushroom you find growing outside unless you are with a mushroom expert!

The Honey Mushroom in the Blue Mountains of Oregon is the world's largest living thing. It is actually a mushroom colony and is believed to be at least 2,000 years old! It covers almost four square miles!

Some mushrooms live entirely underwater.

In the Amazon rainforest, mushrooms release spores into the air, which creates the surface for water to condense and can trigger rain. The rain then causes more fungi to grow.

Before the invention of colorful synthetic dyes, people used mushrooms for dyeing wool and other natural fibers.

Greek warriors ate mushrooms to increase their strength before battle.

Mushrooms are one of the vegetable world's substitutes for meat.

## Anatomy & Etymology

The largest mushroom you'll find in most grocery stores is the portobello. It is the fully grown version of the *Agaricus Bisporus* species and has a large, brown cap. Smaller, immature mushrooms may be brown, like the cremini, or white, like the button.

The head of the portobello mushroom is called its cap, which is smooth, firm, thick, and spongy in texture. Turn the cap over to find dark brown or black gills surrounding a white and fibrous stem.

Mushrooms contain more than 90 percent water!

Some mushrooms glow in the dark! They produce light through a process called bioluminescence. People used to carry these in ancient times to light their way through the forest.

Mushrooms can grow super fast. Once they break through the surface of whatever they're growing on, they can double their size in just one day.

The Italian word "portobello" literally means "beautiful port" in English, and "portabella" means "beautiful door." It may have been an alteration of the Italian "prataiolo," which means something grown in a meadow. Still, it is widely believed the pleasant name was a marketing tool in the 1980s to sell more of the unfamiliar, large, mature mushrooms!

## How to Pick, Buy, & Eat

Wild mushrooms can be found in many wooded areas. If you choose to harvest wild mushrooms, make

certain you have a professional identify your pick. Many mushrooms may resemble safe mushrooms but are actually poisonous!

Buy mushrooms with whole, intact caps, and be sure they are not wet or slimy!

They will smell strong, sweet, and earthy when fresh.

Rinse mushrooms before you slice or cut them. Whole mushrooms won't absorb much water, while cut mushrooms will. Wait to rinse mushrooms until right before you cook them; otherwise, they'll turn slimy.

Cooked portobello mushrooms taste earthy, smoky, and hearty. When cooked, they are very tender and meaty.

The mushroom cap is most often the part that is cooked and eaten. The stem can be fibrous and woody but will add flavor to vegetable or meat stock.

Mushrooms can be broiled, sautéed, and grilled. Portobello caps are large enough to eat like a hamburger on a bun!

Portobello mushrooms pair well with balsamic vinegar, fresh herbs (like oregano, rosemary, thyme, and cilantro), marinara, spinach, leafy greens, tomatoes, goat cheese, mozzarella, cream-based sauces, garlic, and onions.

Store mushrooms in a partially closed resealable plastic bag to ensure air circulation without drying out the mushrooms.

## Nutrition

Mushrooms are low in calories and are an excellent source of B vitamins. These vitamins are needed for healthy cell and brain function, and they help prevent cancer and stress.

Even though mushrooms don't use the sun for energy, they use it to produce vitamin D, just like humans do! Vitamin D is essential to our bones! It keeps them strong and regenerating.

Mushrooms have essential minerals such as selenium, copper, phosphorus, zinc, and potassium. Copper helps the body build red blood cells and is necessary for the health of our bones. Selenium is an antioxidant that may decrease cancer risk.

Mushrooms have been used successfully in traditional Chinese medicine for thousands of years to treat many health conditions. Western medicine is finally beginning to recognize and utilize some of the medicine mushrooms naturally contain.